

# ENGAGING STUDENTS WITH SOCIAL MEDIA AND DIGITAL TECHNOLOGIES



# INTRODUCTIONS

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- University of New England, Program Director, MS Applied Nutrition



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- R.I.T, Nutrition Lecturer, Wegmans School of Health and Nutrition



# ENGAGING STUDENTS WITH SOCIAL MEDIA AND DIGITAL TECHNOLOGIES

- Participants will engage in a conversation about approaches to engaging students with social media and digital technologies.
- Basic tenets of backwards design principles in relation to designing engagement opportunities in academic settings will be discussed.
- Student work based on these approaches will be showcased.
- Attendees will participate in a brief and interactive activity to encourage development of assignments that contain a social media or digital technology component.



# OBJECTIVES

- Participants will be able to describe some of the factors that encourage student engagement and the intersect with academic work
- Participants will be able to describe Backwards Course Design and how the tenets of this design strategy can be applied to developing assignments with social media and digital technology components
- Participants will apply the basic tenets of Adult Learning Theory and Backwards Course Design to Graduate-level assignment design



- About UNE and UNE's MS Applied Nutrition Student
- Theoretical frameworks used to inform course design
- Connecting theory with practice: using backwards design principles for engaging assignments
- Examples of student work and engagement with digital spaces
- Create/refine an assignment that can be enhanced by use of digital technologies



# THE UNIVERSITY OF NEW ENGLAND

## MS APPLIED NUTRITION PROGRAM

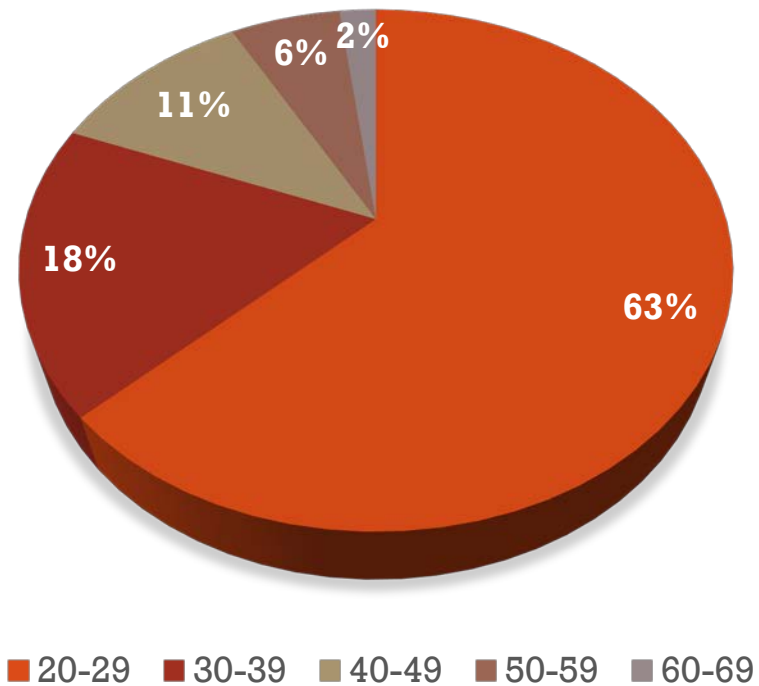


- 3 Campuses and Online
- College of Graduate and Professional Studies
  - MEd, EdD
  - MPH
  - MS Health Informatics
  - MS Applied Nutrition
  - MSW
  - SPHP
- MS Applied Nutrition
  - 36 Credits
  - Completely online
  - 8 week terms
- Three optional focus areas
  - Obesity and Health Promotion
  - Nutrition and Disease Prevention
  - Business, Social Media and Entrepreneurship
- 22 classes

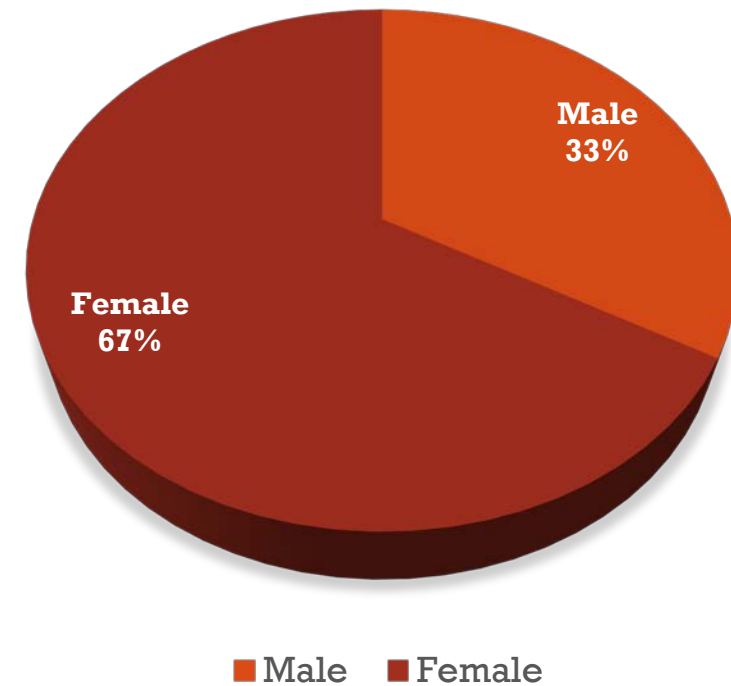


# ABOUT MS APPLIED NUTRITION STUDENTS

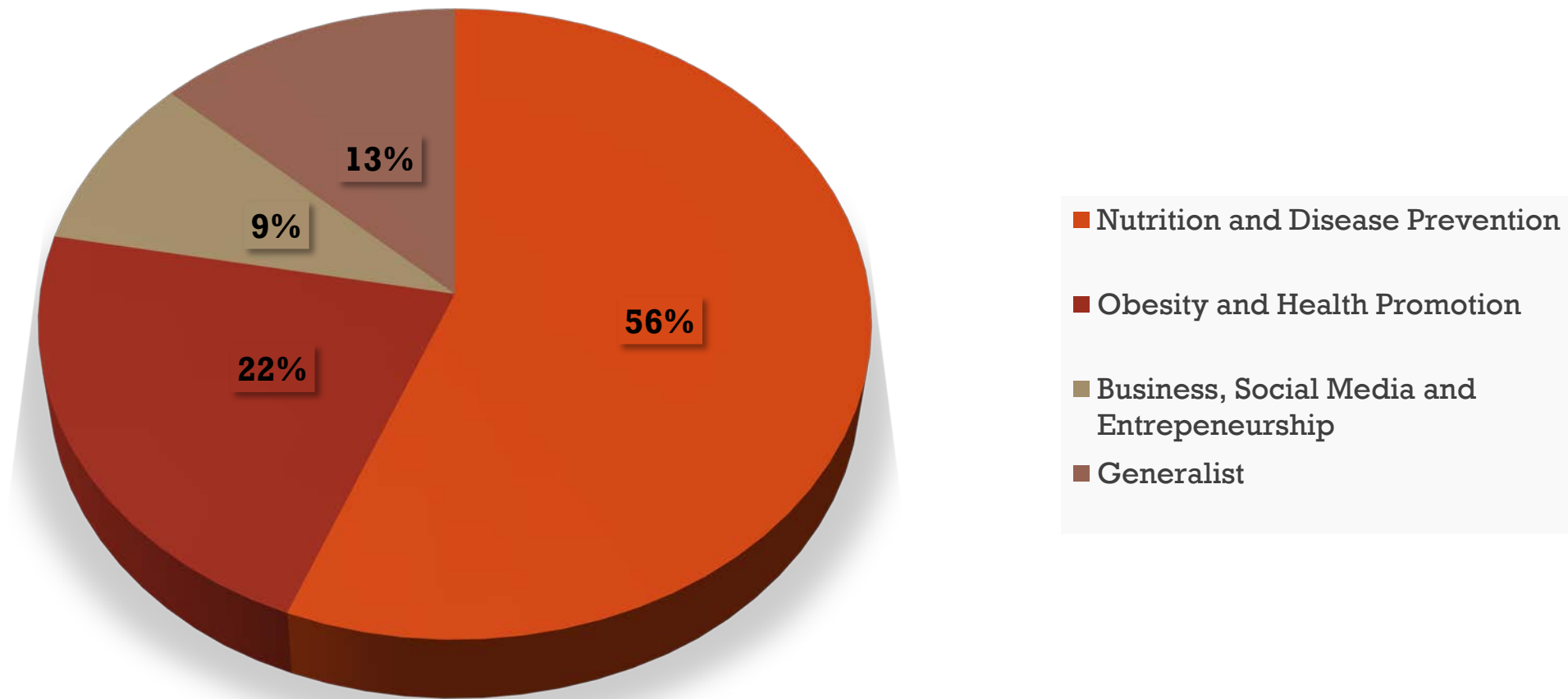
**Age of Students**



**Gender of Students**



## Focus Area Choice



# ADULT LEARNING THEORY

- Andragogy

- Adults are independent and self-directed learners
- Adults need to learn experientially
- Adults approach learning as problem-solving

- Adult learning is most effective when instruction is task-oriented and problem solving is emphasized.

- Constructivism

- learning is an active, contextualized process of constructing knowledge

- Connectivism

- explains how Internet technologies have created new opportunities for people to learn and share information



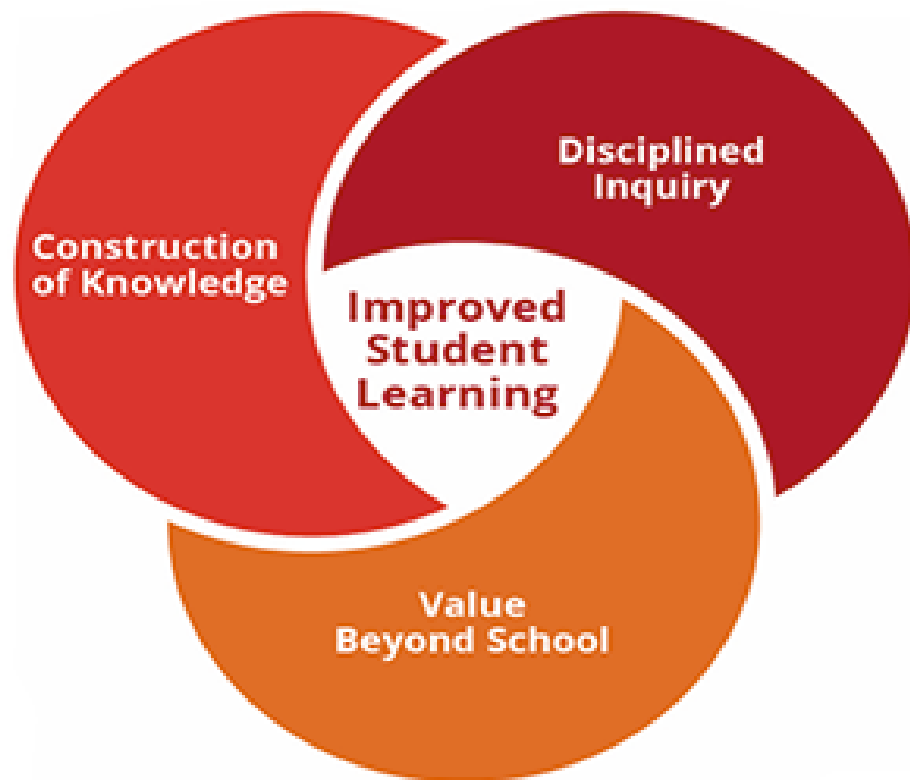
# ADULT LEARNING THEORY

- Project-Based Learning

- student competencies go beyond content knowledge
- prepare and challenge the student to direct their own learning and solve problems of academic significance
- ideas must be explored, developed, integrated, and resolved within the context of a particular assignment for knowledge construction at advanced levels
- effective and enjoyable way to learn and develop deeper learning competencies required for success in college, career, and civic life



# PROJECT-BASED LEARNING AND AIW



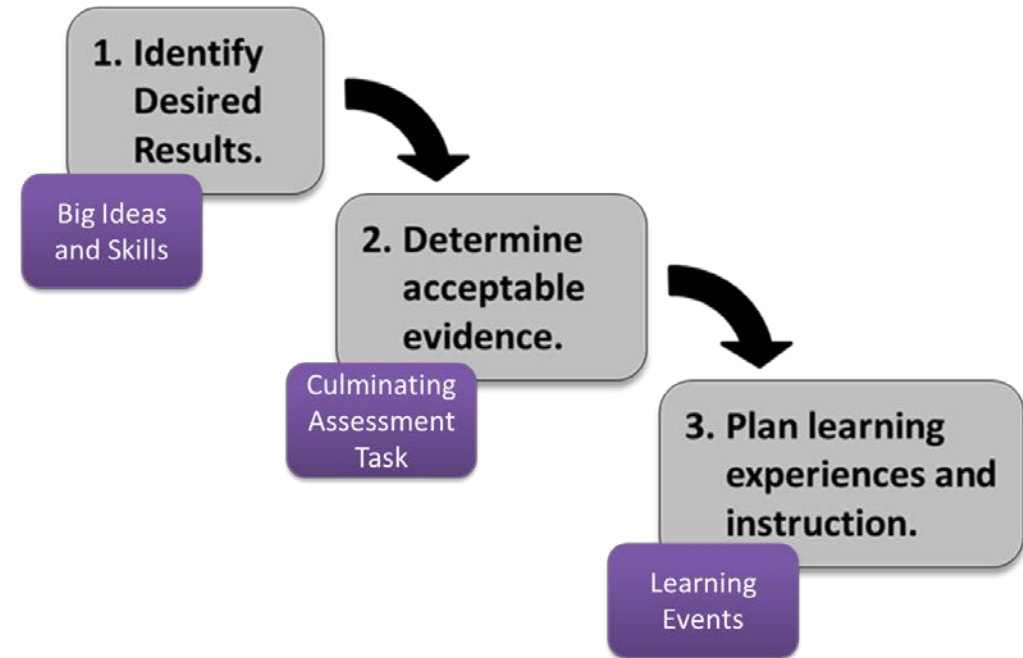
- Construction of knowledge: organizing, interpreting, evaluating, and synthesizing prior knowledge to solve problems
  - Students use higher order or critical thinking
- Authentic intellectual accomplishments: construction of knowledge be guided by disciplined inquiry
  - Students: (1) use a prior knowledge base (2) strive for in-depth understanding of concepts and (3) develop and express that understanding through elaborated forms of communication
- Intellectual accomplishments have utilitarian, aesthetic, or personal value.
  - Students learning artifacts have value beyond school



# BUILDING LEARNING OPPORTUNITIES

- Collaborative teams build the courses
  - Faculty serve as 'subject matter experts' (SME's)
  - Instructional Designer facilitates course design process
  - Program Director, Faculty and Instructional Design meet regularly to discuss design process, assignments and artifacts, rubrics and assessment

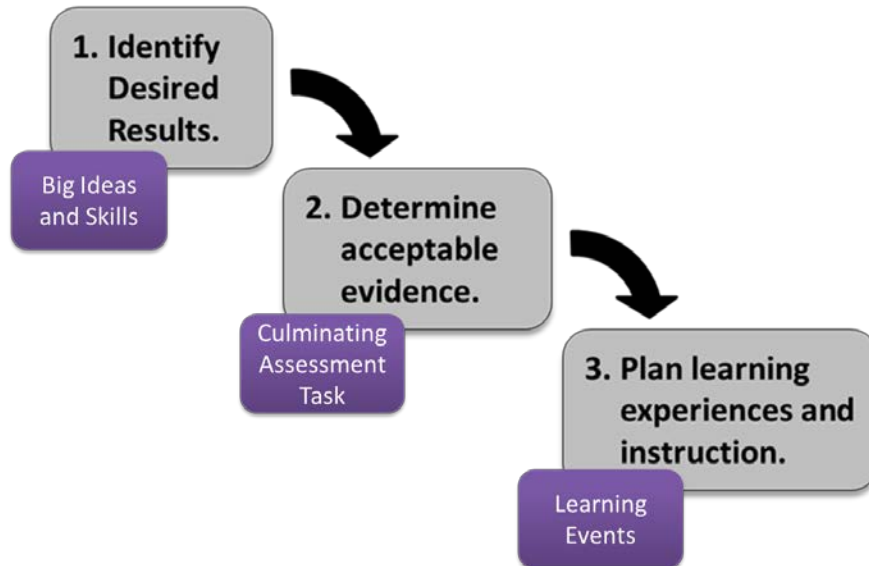
## Backward Design



Wiggins, G. P., & McTighe, J. (2005). *Understanding by design*. Association for Supervision & Curriculum Development.



## Backward Design



Wiggins, G. P., & McTighe, J. (2005). *Understanding by design*. Association for Supervision & Curriculum Development.

- Employ Backwards Design for course and assignment development
- course framing questions and course outcomes
- identify key assessment(s)
- develop scaffolding assignments
- Each course has at least one “academic” artifact and one “applied” artifact



# FACILITATING AIW AND DIGITAL ENGAGEMENT

## FROM THE ACADEMY

### Position Paper

## Position of the Academy of Nutrition and Dietetics: Vegetarian Diets

### ABSTRACT

It is the position of the Academy of Nutrition and Dietetics that appropriately planned vegetarian, including vegan, diets are healthful, nutritionally adequate, and may provide health benefits for the prevention and treatment of certain diseases. These diets are appropriate for all stages of the life cycle, including pregnancy, lactation, infancy, childhood, adolescence, older adulthood, and for athletes. Plant-based diets are more environmentally sustainable than diets rich in animal products because they use fewer natural resources and are associated with much less environmental damage. Vegetarians and vegans are at reduced risk of certain health conditions, including ischemic heart disease, type 2 diabetes, hypertension, certain types of cancer, and obesity. Low intake of saturated fat and high intakes of vegetables, fruits, whole grains, legumes, soy products, nuts, and seeds (all rich in fiber and phytochemicals) are characteristics of vegetarian and vegan diets that produce lower total and low-density lipoprotein cholesterol levels and better serum glucose control. These factors contribute to reduction of chronic disease. Vegans need reliable sources of vitamin B-12, such as fortified foods or supplements.

J Acad Nutr Diet. 2016;116:1970-1980.

**V**EGETARIAN AND VEGAN dietary patterns can be quite diverse because of the variety of food choices available and the different factors that motivate people to adopt such patterns. People choose to adopt a vegetarian diet for many reasons, such as compassion toward animals, a desire to better protect the environment, to lower their risk of chronic diseases, or to therapeutically manage those diseases. A well-planned vegetarian diet containing vegetables, fruits, whole grains, legumes, nuts, and seeds can provide adequate nutrition. Vegetarian diets are associated with lower risk of chronic diseases, including

### VEGETARIAN DIETS IN PERSPECTIVE

#### Trends among Vegetarians

According to a nationwide poll in 2016, approximately 3.3% of American adults are vegetarian or vegan (never eat meat, poultry, or fish), and about 46% of vegetarians are vegan.<sup>1</sup> The same poll revealed that 6% of young adults (18 to 34 years) are vegetarian or vegan, while only 2% of those 65 years or older are vegetarian. Sales of alternative meat products reached \$553 million in 2012, an 8% increase in 2 years. It was observed that 36% of survey responders caught vegan meat alternatives largely

### POSITION STATEMENT

It is the position of the Academy of Nutrition and Dietetics that appropriately planned vegetarian, including vegan, diets are healthful, nutritionally adequate, and may provide health benefits in the prevention and treatment of certain diseases. These diets are appropriate for all stages of the life cycle, including pregnancy, lactation, infancy, childhood, adolescence, older adulthood, and for athletes. Plant-based diets are more environmentally sustainable than diets rich in animal products because they use fewer natural resources and are associated with much less environmental damage.



## Compete + Repeat = Deplete Educating NCAA DIII Student-Athletes about the importance of “EAT-ing” by: Lyndie Kelley

Posted on January 11, 2018



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## Student Learning Outcomes:

Assess arguments posed by relevant scholarly literature

Convey discipline-specific information to a diverse audience

Posit evidence-based solutions to nutrition-related issues and controversies



people are not aware that they may require special diets to support their recovery from...  
**Benefits of Breastfeeding for Women and Children** by Jasmine Sapp - Did you know that in this present day in time that childhood nutrition is a global issue? Good nutrition ensures that children have a healthy start in life. Thus, contributing to proper growth and development. Adequate also nutrition plays a role in lowering the risks of developing infections and life-threatening illnesses.<sup>1</sup> The power of...



**Generation XXXL** by Mollie Bartles - We all know obesity has become a major problem in the United States, but did you know there is an alarming number of adolescents who are obese?<sup>1</sup> Obesity is not the only problem, there are chronic diseases that follow, such as cancer and type 2 diabetes. With proper nutrition and educational interventions, adolescent obesity and...



**The Importance of Supplements When Dieting** by Sean Cairns - Current studies show that almost 75% of adults are overweight!<sup>1</sup> There are a lot of contributing factors like bad diet, not getting enough exercise, and more conveniences that allow us to move less on a daily basis. As we get older, and the combination of these factors catch up with us, we tend to turn...



**A Look Back: Where the Weight Came From** by Whitney Huff - Today it seems like everyone has access to some sort of media, online or in print. Kids especially have access to almost everything since they have tablets and phones that have access to the Internet. Have you noticed how many kids that is? Virtually all children between the ages of two and eighteen have some...



**Lower level of Vitamin D is linked to a higher risk of Type 2 Diabetes Mellitus** by Preetinder Wilkhu - The occurrence of diabetes has increased substantially over the past decades. According to the American Diabetes Association, in the year 2015, 30.3 million Americans had diabetes which is an increase from 29.1 million in 2012 and the cost of diagnosed diabetes in year 2013 was \$245 billion.<sup>7</sup> Various strategies have been developed to address prevention...



**EBT supported purchases should not include sugar-sweetened beverages** by Cassie Emerson - Introduction Americans who find themselves in hard times can utilize governmental assistance programs to receive benefits supplied on an Electronic Benefit Transfer (EBT) card. Funding is placed on these cards, and in turn they can be



- Analyze diet-health experience
- Assess the hallmarks of effective communication
- Identify barriers to communication and ways to overcome communication barriers
- Assess your level of cultural competence
- Identify areas for improving cultural competency

## FOOD & CULTURE

views & patterns of nutrition in CUBA

### CUBA

The island of Cuba lies in the northern Caribbean. Spanish is the official language of Cuba inhabited by roughly 11 million citizens. This communist nation offers universal health care to care for its citizens. Cuban cuisine is a fusion of Spanish and Caribbean spices and techniques. Cuisine, culture and health can shed light onto life in Cuba and integration of Cubans into U.S. culture.<sup>1</sup>

### TRADITIONAL FOODS

Cuban foods and meals center around meat. While seafood is abundant on the island of Cuba, Cubans prefer beef, pork and occasionally chicken. White rice and beans accompany meats. Meals also include *vandias* or starchy vegetables. *Frituras*, fried snacks, are frequently enjoyed along with sugary beverages.<sup>2,4</sup>

- Beef
- Suckling pig & pork
- Chicken
- Rice & beans
- Starchy vegetables: yucca root, taro root, sweet potatoes, plantains
- Saffron
- Processed foods
- Fried snacks
- Sugary drinks
- Cuban sandwich

Cuban diets and dishes are influenced by the cultures of Spain, Africa, Haiti & the United States.<sup>4</sup> The United States has had significant influence introducing fast food. American fast food restaurants are popular along with local restaurants and processed foods.

After the Cuban Revolution in 1960, Cuba was under strict food rationing. Despite rationing obesity rates increased especially between 1990-1995. Processed and energy dense foods can be attributed to this increase.<sup>7</sup>

### FACT SHEET



### CLASSIC DISHES<sup>3,5</sup>

#### *Ajiaco*

Cuban stew made with meat, root vegetables and corn. Recipes vary by region and family.

#### *Lechon asado con mojo*

Roasted suckling pig with "magic powder" as a marinade or sauce.

#### *Ropa vieja*

Shredded beef stew with vegetables. The dish resembles its name "old clothes" as a heap of colorful rags.



# HTTP://DUNE.UNE.EDU/AN\_STUDEDRES/



# INSTAGRAM: UNE\_NUTRITION



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une\_nutrition Thank you to one of our students for this amazing recipe #chile #stuffed #cheese #heat CHILE RELLENOS

SERVINGS: 4

PREP TIME: 20 minutes

TOTAL TIME: 40 minutes

INGREDIENTS:

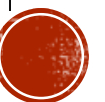
- 4 large poblano peppers
  - 1 pound queso fresco cheese
  - 3 eggs
  - 1 tablespoon all-purpose flour
  - 2 teaspoons extra virgin olive oil
  - 1 cup vegetable oil (for frying)
- Tomato Sauce:
- 4 medium Roma tomatoes, halved
  - 1 cup low sodium chicken broth
  - 2 garlic cloves, peeled and chopped
  - 2 tablespoons olive oil
  - 1 tablespoon all-purpose flour
  - 1 tablespoon Mexican oregano



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# EPORTFOLIO

Melanie Berdyck MSAN e-portfolio

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## Welcome to Melanie Berdyck's University of New England ePortfolio

This ePortfolio serves as a snapshot of my academic accomplishments during my time at UNE.



Melanie Berdyck, RD, CSOWM, LDN, CPT

Melanie has ten years of experience as a registered dietitian in the inpatient, outpatient, and retail settings. She is currently an in-store nutritionist with Giant Food, a Maryland-based chain of 166 grocery stores in the mid-Atlantic region. She serves as district nutritionist for 16 store locations in the west Baltimore region. She provides community outreach, store tours, classes, and nutritional counseling on a variety of disease states such as diabetes, heart health, and weight loss.

Melanie received her Bachelor of Science in Dietetics from Eastern Michigan University in Ypsilanti Michigan. Melanie's drive for success led her to the University of New England to enhance her career and expertise. She is currently pursuing her Master of Science in Applied Nutrition with a concentration in obesity and health prevention.

Melanie has a keen interest in weight management and exercise. She is a Certified Specialist in Obesity and Weight Management through the Commission on Dietetic Registration. She is also a Certified Personal Trainer through the American College of Sports Medicine.

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## LINDSY RHEAD E-PORTFOLIO

To eat is a necessity, but to eat intelligently is an art.

*La Rouchefoucauld*

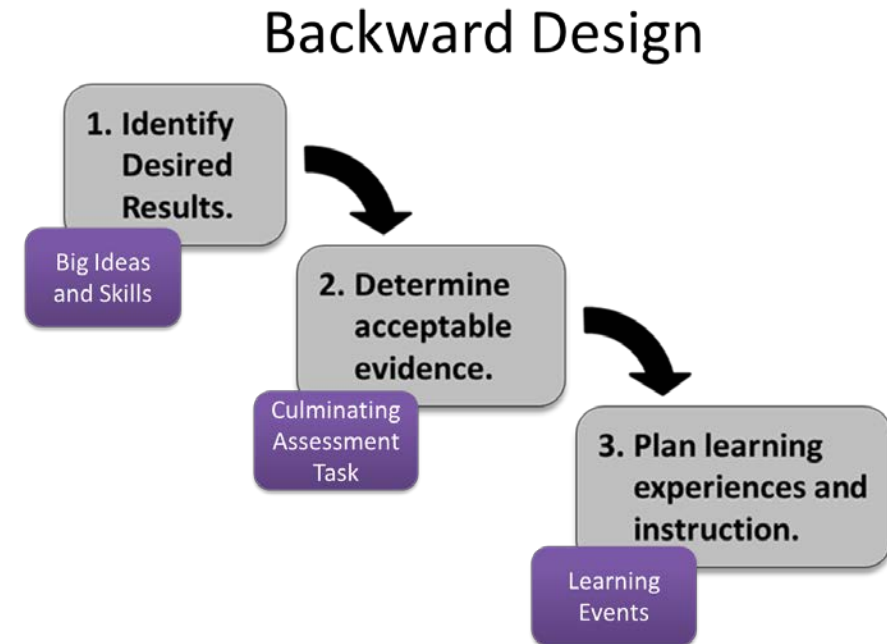


- Preliminary Data
- Student engagement is high
- Approaches to content delivery are largely successful at achieving desired outcomes
- Students of diverse academic backgrounds are enjoying the courses
- “I was going to wait until after the class was over but I will tell you now that this is by far, hands down the best class I have had. I have learned a great deal from this class and you. I was very excited about this class and it has lived up to my excitement by challenging and increasing my knowledge at the same time!”



# TRY BACKWARDS DESIGN

- Pair off
- Discuss an assignment you currently teach or plan to teach
- Identify 1-2 student learning outcomes
- Using Backwards Design identify one academic and one applied artifact that will support your learning outcomes
- Come back to the group and discuss your ideas



Wiggins, G. P., & McTighe, J. (2005). *Understanding by design*. Association for Supervision & Curriculum Development.



# QUESTIONS?

[edodgel@une.edu](mailto:edodgel@une.edu)

207-221-4785

Thank you for attending!



